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Gerontology Newsletter

Program in Gerontology

Fall 2009

Fall 2009 Gerontology Times

St. Cloud State University

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SPECIAL
POINTS OF
INTEREST:

- Spring Class schedule
- Kaleidoscope playground
- T-Shirt Sales/SPO/GERO Club news



Gerontology Times



FALL 2009, VOLUME 25 ISSUE 1

Notes from the Director

Fall is my favorite season! While to some, colorful leaves and cooler temperatures are just a prelude to the coming winter, to me, fall is the season of opportunity and new beginnings. It's a new academic year and the opportunities are ready to harvest! For example, I invite you to check out the following:

- **Sigma Phi Omega** (the National Academic Honors and Professional Society in Gerontology) and the **SCSU Gerontology Club**. Sigma Phi Omega *"seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in gerontology/aging studies and related fields."* Students, faculty, and community professionals are encouraged to join! Also, all are welcome to join "The Gerontology Club" which was formed in conjunction with our local Sigma Phi Omega chapter. Now is a great time to get involved!

- **Gerontology Potluck:** On Wednesday, October 28th the SCSU Gerontology Program, Sigma Phi Omega, and the Gerontology Club will be hosting a potluck from 5-6pm in SH 365. Take this opportunity to share food and fellowship with students, staff, faculty, and community members interested in aging!

- **Spring Classes in Aging:** Students, now is a good time to start thinking about registering for spring classes (see page 4 for a "sneak preview" of the spring offerings). Be sure to check in with your advisor (Dr. Phyllis Greenberg – Master's and Certificate Students; Dr. Rona Karasik – undergraduate minors) to make sure your program is on track!

- **Gerontology Program Website:** Opportunities and information abound on our website:

<http://www.stcloudstate.edu/gerontology/>. Be sure to check out sections on careers in aging, internships, volunteer opportunities and more! If you would like to have information about an upcoming event or opportunity posted on the site – contact me at karasik@stcloudstate.edu.

Have a wonderful fall!

Rona J. Karasik, Ph.D.
Director, Gerontology Program
Professor, Community Studies

Faculty Notes

Recent and Upcoming Presentations and Publications by Faculty and Students:

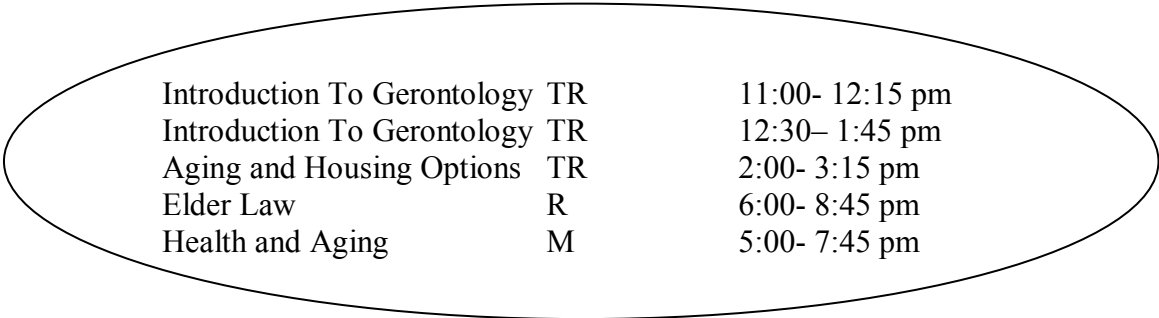
- Greenberg, P.A. (June 2009). *Demographic, health and addiction trends in older adults. Workshop, Special populations and addictions, Minnesota Department of Health and Human Services.*
- Greenberg, P.A. and Daneshpor, M (August 2009). *Navigating the graduate experience as an international student.* Presentation for International Graduate Student Orientation.
- Greenberg, P.A. and Shawley, C. (November 2009). *Chemical addictions in older adults: The relationship of gender to treatment, relapse and recovery.* Poster at the Gerontological Society of America Annual Conference, Atlanta, GA
- Karasik, R.J. (in press). Maximizing the potential of internships in gerontology and geriatrics. *Gerontology & Geriatrics Education*, 34(4).
- Karasik, R.J. (in press). Learning from internships in gerontology and geriatrics: Assessment and program evaluation. *Gerontology & Geriatrics Education*, 34(4).
- Karasik, R.J. (2009). [Review of the book *Senior Living Communities: Operations Management and Marketing for Assisted Living, Congregate, and Continuing, Second Edition*] *Educational Gerontology*, 35(6) 570-571.
- Karasik, R., Berry, J., Tasto, J., & Takamatsu, A. (2009). Caring for Persons with Dementia-Related Behaviors: A Family Perspective on an Innovative Model of Care Session Title: Experiences with Dementia. Poster to be presented at the 62nd Annual Scientific Meeting of the Gerontological Society of America, Atlanta, GA, November 21st, 2009.
- Karasik, R. & Berry, J. (2009). Dementia Research in Practice: Outcomes of a Campus-Community Collaboration. Resource exchange presented at the Minnesota Gerontological Society Conference, Brooklyn Center, MN.
- Karasik, R.J. (2009). Assessing Student Learning Outcomes in a Gerontology Undergraduate Minor, Masters, and Graduate Certificate Program. Resource exchange presented at the 35th Annual Meeting of the Association for Gerontology in Higher Education, San Antonio, TX.
- Karasik, R.J. (2009). The Community Partner as Educator. Presentation at the Sigma Phi Omega Presidential Symposium: Educating 'Next Gen' Gerontologists at the 35th Annual Meeting of the Association for Gerontology in Higher Education, San Antonio, TX.

Honors

Dr. Rona Karasik was named national President Elect of Sigma Phi Omega, the National Academic Honors and Professional Society in Gerontology. Dr. Karasik will serve as president elect from February 2009-2010 and then is slated to serve as President from February 2010 to 2012.

Save the Date...

Coming in Spring of 2010 Classes in Aging



Introduction To Gerontology	TR	11:00- 12:15 pm
Introduction To Gerontology	TR	12:30- 1:45 pm
Aging and Housing Options	TR	2:00- 3:15 pm
Elder Law	R	6:00- 8:45 pm
Health and Aging	M	5:00- 7:45 pm

Notes from the Gerontology Graduate Coordinator

I hope you all enjoyed the one day of fall weather we had this year. Only in Minnesota can it be summer one day, fall the next and winter the day after. Looking out my office window I briefly got to see leaves changing color and at home I've had the joy of massive amounts of leaves on the ground.

This semester Chrystal Shawley and I will be presenting a poster related to gender, age and addictions in older adults. The poster will be presented at The Gerontological Society of America's annual conference in November. The data comes from the previous grant that Senior Helping Hands (St. Cloud Hospital) had from the Minnesota State Department of Human Services. The data for the poster will include 5 years with this grant program. Over this period more than four hundred clients were interviewed. Last year a grant was awarded to Fountain Center in Albert Lea for special populations and addictions and I will be their evaluator. I have been working with Fountain Center since 2005 but this is a new grant. All of the recipients are working with populations that might not be seen in the general treatment population. We are examining treatment protocols that might be more relevant to race, ethnicity, gender and age. This has the potential for making significant strides in assessment, treatment delivery, education and follow-up support services.

This semester we will have our Gerontology Pot luck on Wednesday October 28th – 5:00- 6:00 pm in SH 365. Bring a dish don't bring a dish but do come hungry – I will be making my famous M&M salad – among other treats.

You may have noticed that courses that I normally teach in spring like Women and Aging are not offered Spring 2010 that is because I will be on SABBATICAL! But while I won't be teaching courses, I will still be working with students – primarily graduate students so they can finish their degree. So it will mostly be a win/win situation. I will be spending my time writing articles, exploring new research avenues and hopefully a little bit of nothing. Also looking forward to not having to get up at 5 a.m. to clear out my driveway – I could wait until 8:00, 9:00 and perhaps the next day.

Registration will soon begin for Spring Semester. If you are a graduate student either in the Masters or Graduate Certificate Program be sure to make an appointment to see me. Have a wonderful semester and winter break.

Phyllis A. Greenberg, PhD
Coordinator Graduate Studies, Gerontology
Associate Professor, Department of Community Studies
320-308-3156 or pagreenberg@stcloudstate.edu or SH 364

Gerontology Fall Potluck

Come and Join the Fun

Date: Wednesday, October 28

Location: Stewart Hall Room 365

Time: 5:00-6:00 pm



- Bring a dish to share, or just yourself!
- Network with professionals and students in the field of aging
- Everyone Welcome!

Spring Courses in Aging 2010

Undergraduate Courses in Aging

Gerontology

GERO 208 01 Introduction to Gerontology	TR	11:00 am– 12:15 pm
GERO 208 02 Introduction to Gerontology	TH	12:30- 1:45 pm
GERO 435 01 Aging and Housing Options	TR	2:00– 3:15 pm
GERO 440 01 Elder Law	R	6:00– 8:45 pm
GERO 444 01 Internship	Hours Arranged	
GERO 465 01 Health and Aging	M	5:00-7:45 pm

Psychology

PSY 345 54 Psychology of Death & Dying	Online	
PSY 443 01 Psychology of Adult Development and Aging	TR	3:30-4:45 pm

Sociology

SOC 350 54 Sociology of Age & Aging	Online	
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Graduate Courses in Aging

Gerontology

GERO 535 01 Aging and Housing Options	TR	2:00- 3:15 pm
GERO 540 01 Elder Law	R	6:00– 8:45 pm
GERO 565 01 Health and Aging	M	5:00- 7:45 pm
GERO 644 01 Internship	Hours Arranged	
GERO 696 01 Practicum (Plan C)	Hours Arranged	
GERO 697 01 Starred Paper (Plan B)	Hours Arranged	
GERO 699 01 Thesis (Plan A)	Hours Arranged	

Sociology

SOC 679 01 Advanced Research Methods	MW	4:30- 5:45 pm
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Psychology

PSY 543 01 Psychology of Adult Development and Aging	TR	3:30- 4:45 pm
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Remember to check the on-line schedule for any last minute changes!!

For Registration information

Web: <http://www.stcloudstate.edu/registrar/>

Phone; (320)308-224 or 1-800-369-4260

Contact Continuing Studies for more information
(320)308-3081

Graduate Assistants

Missy Reichl graduated from Saint Cloud State University with a BA in Community Development. Missy is interested in creating sustainable and accessible communities.

John Tasto graduated from Saint Cloud State University with a Bachelors of Elective Study and a minor in Gerontology. John is very interested in vital aging and helping older adults live enriching lives.

Dana Lodermeier graduated from Saint Cloud State University with a BS in Community health. Dana is interested in health in older adults.

Chrystal Shawley graduated from Indiana University of Pennsylvania with a B.A. in Psychology. She is interested in psychological and sociological aspects of aging, and wants to pursue a PhD.



Walking for a Cause



On Saturday, October 3, Sigma Phi Omega, The Gerontology Club, and The Gerontology Program teamed up for the 2009 Memory Walk held at Whitney Senior Center. Memory Walk raises awareness and funds for Alzheimer's care, support and research. The group consisted of nine members and raised \$840.00!

Have you checked out our **Gerontology Program Website** lately?

Take a look at :

<http://www.stcloudstate.edu/gerontology/>

If you would like to post a job or internship opportunity or if there is something else you would like to see, please contact Rona Karasik at rjkarasik@stcloudstate.edu or at 320-308-5224.



Gerontology Fall Interns 2009

Intern

Georgette Diaz Wachtel
Ingeborg Egeness
Amanda Hillmer
Cassie Micek
Chrystal Shawley
Rose Fallt
David Simondet

Internship Site

St. Benedict's Senior Community
St. Benedict's Senior Community
County Manor
Camilia Rose, Coon Rapids
SCSU Gerontology Program
Plymouth Senior Services
Alzheimer's Association

Anyone that is interested in being an intern for Spring Semester 2010 should contact Rona Karasik at rjkarasik@stcloudstate.edu or at 320-308-5224.

Kaleidoscope Playground

Look how far we've come!



BUT WE STILL NEED YOUR HELP!

The playground opened in June 2007 in Wilson Park (with a temporary surfacing). We are still working to **raise money** for the permanent, specialized poured-rubber surface for **maximum accessibility and safety**. CMTY 195 students got a **\$50,000 matching grant** from the **Otto Bremer Foundation** and we have until **December 1, 2009** to raise \$50,000 to get the match. All we have left is the specialized surfacing, Help us complete the dream! For more information contact **Rona Karasik** at 320-308-5224 or at rjkarasik@stcloudstate.edu or **Phyllis A. Greenberg** at 320-308-3156 or pagreenberg@stcloudstate.edu.

Want to get involved?

- Challenge your community businesses, organizations, or friends to help us complete the Kaleidoscope Playground
- Participate in the Annual Silent Auction, held November 17 & 18, from 11-2 held in Atwood. Donate something special to be auctioned, or stop by to bid on a wide variety of interesting art, jewelry and more!



The Kaleidoscope project was created through a unique partnership with the St. Cloud State University Department of Community Studies, the St. Cloud East Side Boosters, the city of St. Cloud through its Park Department, and the Central Minnesota Community Foundation. In addition, the SCSU Gerontology Club and SPO have helped to support the Kaleidoscope project.

Please send donations to:

"The Kaleidoscope Fund"
Central MN Community Foundation
101 7th Avenue South, Suite 100
St. Cloud, MN 56301

Contributions are tax deductible—the Central MN Community Foundation is a 501 (c) (3) non-profit organization.

For more information, contact:

Rona J. Karasik, Ph.D.
St. Cloud State University
320-308-5224

rjkarasik@stcloudstate.edu

or visit our website at: www.stcloudstate.edu/gerontology/kaleidoscope

Phyllis A. Greenberg
St. Cloud State University
320-308-3156

pagreenberg@stcloudstate.edu

SPO/ Gero Club News

SPO is the National Academic Honors and Professional Society in Gerontology

Get your “AGING: Every Body’s Doing It” T-shirt!



Size: S, M, L, XL, XXL
 Price: \$16.00
 Color: Black or Blue (limited sizes)

Be sure to get your “Aging: Every Body’s Doing it” T-Shirt. All proceeds benefit SPO and Gero club activities. You can purchase shirts from the Gerontology Graduate Assistants’ office in Stewart Hall 342 or you can call the office at (320)308-4183. You can also contact Rona Karasik by email at:

karasik@stcloudstate.edu

Or Phyllis Greenberg by email at:

pagreenberg@stcloudstate.edu

SPO and GERO Club Board Members

Sigma Phi Omega

President: Missy Reichl
 Vice President: Amanda Spaeth
 Member at Large: Erin Jensen

Gerontology Club

President: Emma Peterson
 Co-President: Brittany Drontle
 Vice President: Ashley Herget
 Member at Large: John Tasto

Joint Positions (Gero Club & SPO)

Secretary: Eric Hilsgen
 Treasurer: Chrystal Shawley

Club Advisor: Rona Karasik

Club Advisor: Phyllis Greenberg

SPO & Gero Club Team up for Fundraiser

On October 14, the Gerontology Club and SPO held a Coffee Sale to fundraise for conference dues and club expenses. The group sold coffee, hot cocoa, biscotti, and donated baked goods from Panera. The fundraiser was a huge success.



St. Cloud State University
Gerontology Program
Department of
Community Studies
365 Stewart Hall
720, Fourth Avenue South
St. Cloud MN, 56301-4498

Gerontology Fall Potluck

Wednesday, October 28, 2009
Stewart Hall Room 365
5:00-6:00 pm



Come and enjoy the great food and awesome networking opportunity.
Everyone Welcome!

